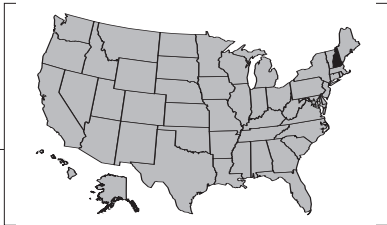


# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005



## New Hampshire

*All statistics are based on parental reports.*

	National %	State %
<b>Percent of children who are overweight</b>	<b>14.8</b>	<b>12.9</b>
Age 10-11	21.9	12.8
Age 12-14	14.4	12.8
Age 15-17	10.7	13.1
0-99% Federal poverty level	22.4	19.2
100-199% Federal poverty level	19.0	20.1
200-399% Federal poverty level	13.7	11.0
400% Federal poverty level or more	9.1	9.9
Male	18.1	18.0
Female	11.5	7.5
<b>Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week</b>	<b>71.3</b>	<b>68.1</b>
Age 10-11	78.2	70.6
Age 12-14	74.2	73.8
Age 15-17	63.3	60.7
Male	76.8	73.5
Female	65.6	62.3
<b>Percent of children who were on a sports team or took sports lessons during the past 12 months</b>	<b>58.6</b>	<b>67.1</b>
Age 10-11	61.5	76.4
Age 12-14	61.6	69.6
Age 15-17	53.4	58.9
Male	62.1	68.9
Female	55.0	65.1
<b>Percent of children with at least one parent who exercises regularly</b>	<b>72.9</b>	<b>80.2</b>